

# NSW Health: NPDI Directions

Carlton Quartly  
Associate Director  
MHKids



# NPDI Background

- Phase 1: 2001 - 5

Postnatal Depression Research Program

- Phase 2: 2007

The National Action Plan

- Phase 3: 2008 – 13

National Perinatal Depression Initiative -  
Implementation throughout Australia

# The National Perinatal Depression Initiative (2008-13)

- The aim of the Initiative is to improve the early detection and prevention of antenatal and postnatal depression, and to provide better care, support and treatment for expectant and new mothers.



# Key Elements of the NPDI

- Routine and universal screening of all women for perinatal depression and anxiety in the perinatal period
- Follow-up support and care for women assessed as being at risk of or experiencing perinatal depression
- Workforce training and development for health professionals
- Research and data collection
- National guidelines for screening for perinatal depression
- Increase community awareness and destigmatisation



## Funding

- \$16,882,598 over five years
- \$8,441,299 Commonwealth
- \$8,441,299 NSW Government

## What we are going to do:

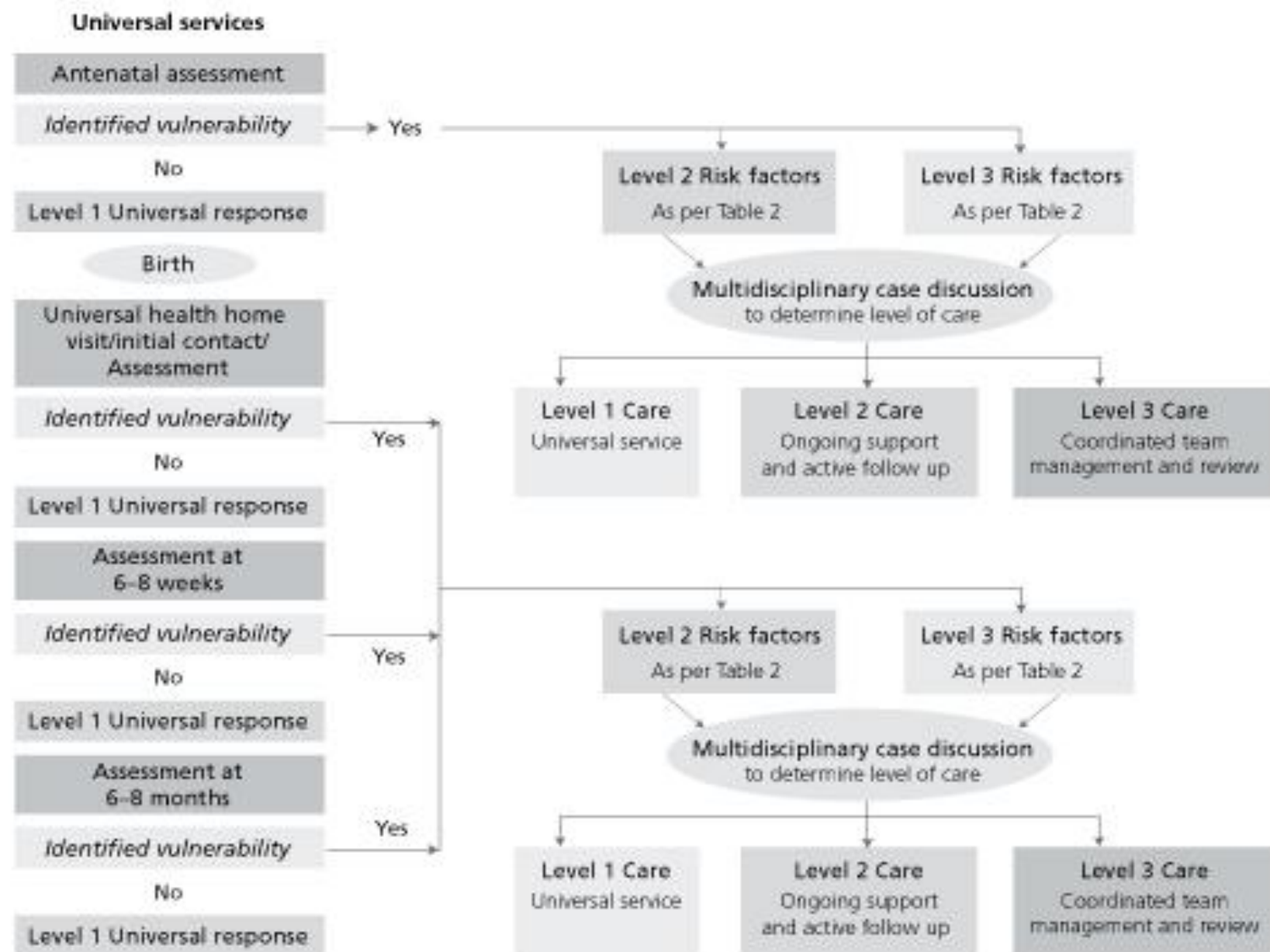
- psychosocial assessment and depression screening;
- assistance to community groups and organisations for women experiencing depression in the antenatal and postnatal periods;
- training and development for all maternity and child and health workers in the area of perinatal depression;
- increased capacity of specialist mental health and drug and alcohol services to appropriately treat and care for new mothers with depression; and
- improving the quality of mental health data collection and reporting across the continuum of perinatal care.

# Related Activities

- ❑ NSW Aboriginal Maternal and Infant Health Strategy (AMIHS)
  
- ❑ Supporting Families Early (SFE) Package
  - Maternal and Child Health Primary Health Care Policy
  
  - Supporting Families Early SAFE START Strategic Policy
  
  - SAFE START Guidelines: Improving Mental Health Outcomes for Parents and Infants

- Primary Health Care Pathways for SAFE START
- Levels of risk identified through psychosocial assessment and depression screening process taken to Multidisciplinary Case Discussion (MCD) Meetings
- MCD Meeting determine level of care pathway

**Figure 1. Primary care pathways for SAFE START**



# Safe Start - MCD Meetings

- Determination of level of care – Level 1, 2 or 3
- Care plan
- Team management – across services
- Coordinated care
- Transfer of information
- Implementation Issues

# NSW NPDI Implementation

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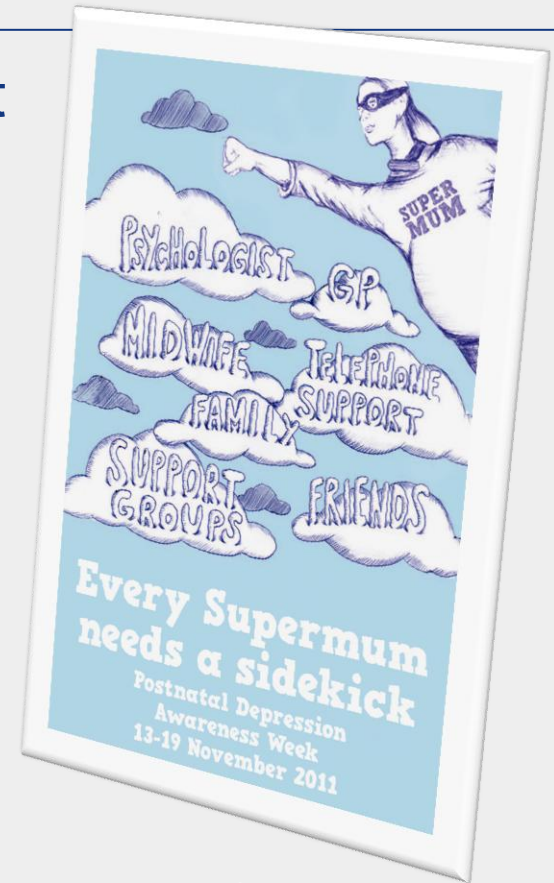


# Psychosocial Assessment and Depression Screening

- Evaluation of perinatal depression screening in NSW to look at factors that contribute to successful screening for perinatal depression
- Early findings
  - Variable interpretation of the policy between LHDs
  - Services are facing challenges in administering the second, follow-up screening
  - There is variability in the establishment of MCDs. Challenges include: time constraints, a lack of ownership, staff beliefs in the benefits of the meeting, workload pressures and geographical isolation
  - Variability in workload for MCDs between LHDs
  - Some staff report challenges in identifying services with the capacity to support women requiring tier two and tier three care following screening.

## Community Awareness

- The Young and Parenting (YAP) Project
- PND Awareness Week
- Starter kit and small grant process for a state-wide *Mum's Time Out* event during PND Awareness Week in November 2011.
- Successful 2009 project: Mental Health Association (MHA) NSW developed perinatal mental health resources



# Workforce Development & Training

- Planning to extend NSW Supporting Families Early and SAFE START Training to wider audience
  - Key partners such as GPs, Tertiary Education, Private Hospitals
  - Targeted workshops allowing for networking across care pathway provider
- Develop blended learning models for education and training relevant to perinatal psychosocial assessment and depression screening that integrate the NPDI Framework, Perinatal Guidelines and NSW Health's SFE Package

# Perinatal and Infant Mental Health (PIMH) Teams

- Through NPDI funding 3 new Specialist PIMH Teams in NSW – same Areas as new SHHVTs
- Target group - pregnant women and parents who are primary carers for an infant up to 2 years age, and who have severe and complex mental health problems and/or mental illness (and for whom management would otherwise likely result in psychiatric admission).
- External evaluation

# Specialist PIMH Positions

- Commencing in 2011/12
- NSW will establish the equivalent of 5 FTE new specialist PIMH Positions across the ten Local Health Districts (LHD) (0.5 FTE per LHD)

# NPDI Data Collection





*"Your mother and I are feeling overwhelmed, so you'll have to bring yourselves up."*